

QUICK REFERENCE SHEET

ELDERFLOWER

Sambucus nigra



Part Utilized:
Flower



PROPERTIES:

Diaphoretic, Alterative, Tonic, Stimulant,
Laxative, Expectorant, Pectoral

SYSTEMS AFFECTED:

Blood, Circulatory, Respiratory, Digestive
(bowels), Integumentary

POSSIBLE USES:

fevers, colds, flu, clear mucus, pain relief

INGREDIENT IN:

CC, Elderberry Syrup, Elderberry Nighttime, Elderberry Plus, FV, Super C

GENERAL INFORMATION:

Elderflower is considered to be one of the mildest but one of the greatest and most versatile of herbs. Elderflower aids in detoxifying the blood and the cells of waste products and toxins. Elderflower increases circulation and will bring down a fever by producing a healing sweat as quickly as any herbal agent that I know of. Elderflower has constituents that act as mild sedatives and analgesics for the relief of pain. It also acts as an expectorant, with anti-catarrhal and anti-inflammatory actions.